

HEALING TOUCH

SPA & WELLNESS

Luxury wellness, where you are.

SPA MENU

Bringing the spa to you.

PATERNOSTER · WEST COAST

WELLNESS,
with a West Coast soul.

NATURAL RENEWAL
ON THE WEST COAST

At Healing Touch Spa & Wellness we bring the essence of the West Coast to every treatment. Inspired by nature, guided by care, and rooted in wellbeing, our therapies combine time-honoured techniques with high-quality natural products to restore balance, calm the mind and awaken your inner glow.

Whether you are staying at your home, villa or boutique retreat, our mobile spa brings a serene, professional spa experience to you.

RELAX · RECONNECT · RESTORE

HEALING TOUCH SPA & WELLNESS

MOBILE SPA · PATERNOSTER · WEST COAST · SURROUNDING AREAS





SIGNATURE RITUALS

IMMERSIVE WELLNESS EXPERIENCES
INSPIRED BY THE WEST COAST.

Our most immersive experiences — created to transport you into a world of stillness, warmth and coastal luxury.

Inspired by the Atlantic, the salt air, sun-warmed stone and wild fynbos of the West Coast, each ritual brings together therapeutic touch, natural ingredients and deeply restorative moments.

Take your time. Breathe deeply. Let the outside world become quiet.

SALT · BOTANICALS · TOUCH · STILLNESS

HEALING TOUCH SPA & WELLNESS

LUXURY MOBILE SPA · PATERNOSTER · WEST COAST · SURROUNDING AREAS

THE WEST COAST TIDE RITUAL

2 ½ HOURS · R1,795
SALT · SOOTHE · RESTORE

A coastal journey for body, mind and soul.

Your journey begins with a warm **West Coast Sea Mineral Foot Ritual**, gently grounding you as coastal botanicals invite you to slow down. An **Atlantic Sea Salt Body Polish** follows, leaving the skin beautifully smooth and renewed.

Then surrender to our **Ocean Flow Full-Body Massage**, where warm botanical oil and flowing movements move across the body like gentle waves. Our **Fynbos Scalp & Temple Ritual** follows, soothing the scalp, temples and neck with slow, rhythmic touch inspired by the wild beauty of the West Coast.

A **Hydra Glow Express Facial** restores hydration and radiance, followed by our **Cool-Tide Facial Ritual**, where chilled facial stones glide gently across the face and neck — a refreshing final touch inspired by the cool Atlantic tide.

YOUR EXPERIENCE INCLUDES

West Coast Sea Mineral Foot Ritual · Atlantic Sea Salt Body Polish · Ocean Flow Full-Body Massage · Fynbos Scalp & Temple Ritual · Hydra Glow Express Facial · Cool-Tide Facial Ritual

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Salt the skin. Soothe the senses. Restore the soul.

HEALING TOUCH SPA & WELLNESS

LUXURY MOBILE SPA · PATERNOSTER · WEST COAST · SURROUNDING AREAS





THE COASTAL DETOX ESCAPE

90 MINUTES · R1,295
PURIFY · BREATHE · RENEW

An invigorating West Coast escape inspired by the salt air, sun-warmed dunes and wild fynbos of Paternoster.

Begin with gentle Coastal Breeze Dry Body Brushing, awakening the skin with rhythmic strokes reminiscent of the fresh breeze drifting across the dunes. You are then enveloped in a luxurious Seaweed Contouring Clay Cocoon, creating a warm, mineral-rich embrace while you drift into stillness.

While you relax, surrender to our West Coast Grounding Foot Ritual, where warm botanical-infused towels, flowing foot massage and specialised wooden reflexology tools soothe tired feet and reconnect you with a feeling of grounded calm.

Your journey culminates in our West Coast Sun-Warmed Basalt Stone Ritual, where smooth basalt stones are gently warmed to evoke the comforting warmth of sun-heated coastal rocks. Flowing massage movements across the back, neck and shoulders soften tension, while the grounding warmth of the stones leaves the body deeply relaxed and restored.

YOUR EXPERIENCE INCLUDES

Coastal Breeze Dry Body Brushing · Seaweed Contouring Clay Cocoon · West Coast Grounding Foot Ritual · West Coast Sun-Warmed Basalt Stone Ritual
Back, Neck & Shoulders

Salt air. Warm sun. Wild fynbos. Pure West Coast stillness.

HEALING TOUCH SPA & WELLNESS

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THE AFRICAN BOTANICAL GLOW

3 ½ HOURS · R2,795

INDULGE · NOURISH · RADIATE

Our ultimate head-to-toe botanical experience.

An indulgent botanical journey inspired by the nourishing beauty of Africa, created to soften the skin, restore the body and reveal your natural glow.

Your experience begins with a luxurious **Botanical Body Awakening**, gently polishing the entire body before warm towels reveal beautifully soft, renewed skin. You are then enveloped in our **African Baobab Cocoon** — a warm, mineral-rich clay wrap infused with nourishing baobab, cooling cucumber and Vitamin E. While you rest within the cocoon, a luxurious **Sole & Foot Indulgence** soothes tired feet and lower legs.

Once the cocoon is removed, surrender to our **Botanical Flow Full-Body Massage**, where warm botanical oils and slow, nurturing movements release tension and quiet the mind. Your journey continues with our **Hydra Luxe Facial**, enhanced with lymphatic massage and LED Light Therapy, followed by a nurturing **Hand & Arm Ritual**. Finally, unwind with our **Botanical Scalp & Hair Ritual**, complete with a rich **Botanical Hair Mask**, leaving the hair feeling soft, conditioned and beautifully cared for.

YOUR EXPERIENCE INCLUDES

Botanical Body Awakening · Warm Towel Reveal · African Baobab Cocoon · Sole & Foot Indulgence · Botanical Flow Full-Body Massage · Hydra Luxe Facial · Lymphatic Facial Massage · LED Light Therapy · Hand & Arm Ritual · Botanical Scalp & Hair Ritual · Nourishing Hair Mask

Nourished by nature. Wrapped in warmth. Radiance restored.

HEALING TOUCH SPA & WELLNESS

LUXURY MOBILE SPA · PATERNOSTER · WEST COAST · SURROUNDING AREAS





ROMANTIC WEST COAST RETREAT

2 HOURS | R2,195 PER COUPLE
UNWIND · RECONNECT · INDULGE

Inspired by the golden glow of a Paternoster sunset, this luxurious couples experience is designed to help you slow down, reconnect and simply be together.

Begin with a soothing **West Coast Foot Ritual**, where warm, aromatic towels and a gentle **Pressure-Point Foot Massage** help you both settle into the experience, ease tension and feel beautifully grounded.

Then surrender to our **Luxury Shea Butter Soy Candle Couples Massage**, where warm, nourishing shea butter melts into a silky oil as flowing movements release tension and invite deep relaxation. Surrounded by a calming, candlelit ambience, you can simply unwind together.

Your experience comes to a peaceful close with a soothing **Scalp Massage**, gently easing tension across the scalp and temples before you raise a glass together with a **bottle of sparkling wine from Paternoster Wine Lounge**.

YOUR EXPERIENCE INCLUDES

West Coast Foot Ritual · Pressure-Point Foot Massage · Luxury Shea Butter Soy Candle Couples Massage · Scalp Massage · Candlelit Ambience · Bottle of Sparkling Wine from Paternoster Wine Lounge

HEALING TOUCH SPA & WELLNESS

MOBILE SPA · PATERNOSTER · WEST COAST · SURROUNDING AREAS

RESTORE & REVIVE RITUAL

PURIFY · SOOTHE · RESTORE

Step away from the demands of the day and surrender to a deeply restorative journey created to bring tired muscles, overworked bodies and weary senses back to balance.

Your experience begins with a beautiful skin-renewing ritual, followed by the cooling embrace of therapeutic botanicals and the comforting warmth of heated stones. As tension begins to melt away, soothing touch and restorative warmth work together to leave the body feeling lighter, calmer and beautifully renewed.

BACK RESTORE

75 MINUTES | R850

Purify · Soothe · Restore

YOUR RITUAL INCLUDES

Back Cleanse & Exfoliation · Soothing Back Steam · Cryo-Active Muscle Relief Clay Wrap for the Back · Foot Massage · Hot Stone Back, Neck & Shoulder Massage · Cooling Botanical Gel for the Back

FULL BODY RESTORE

2 HOURS | R1,295

Full-Body Polish · Cryo-Active Muscle Relief Clay Wrap · Foot Massage · Hot Stone Full-Body Massage · Cooling Botanical Gel Finish

Tension softened. Muscles soothed. Body restored.

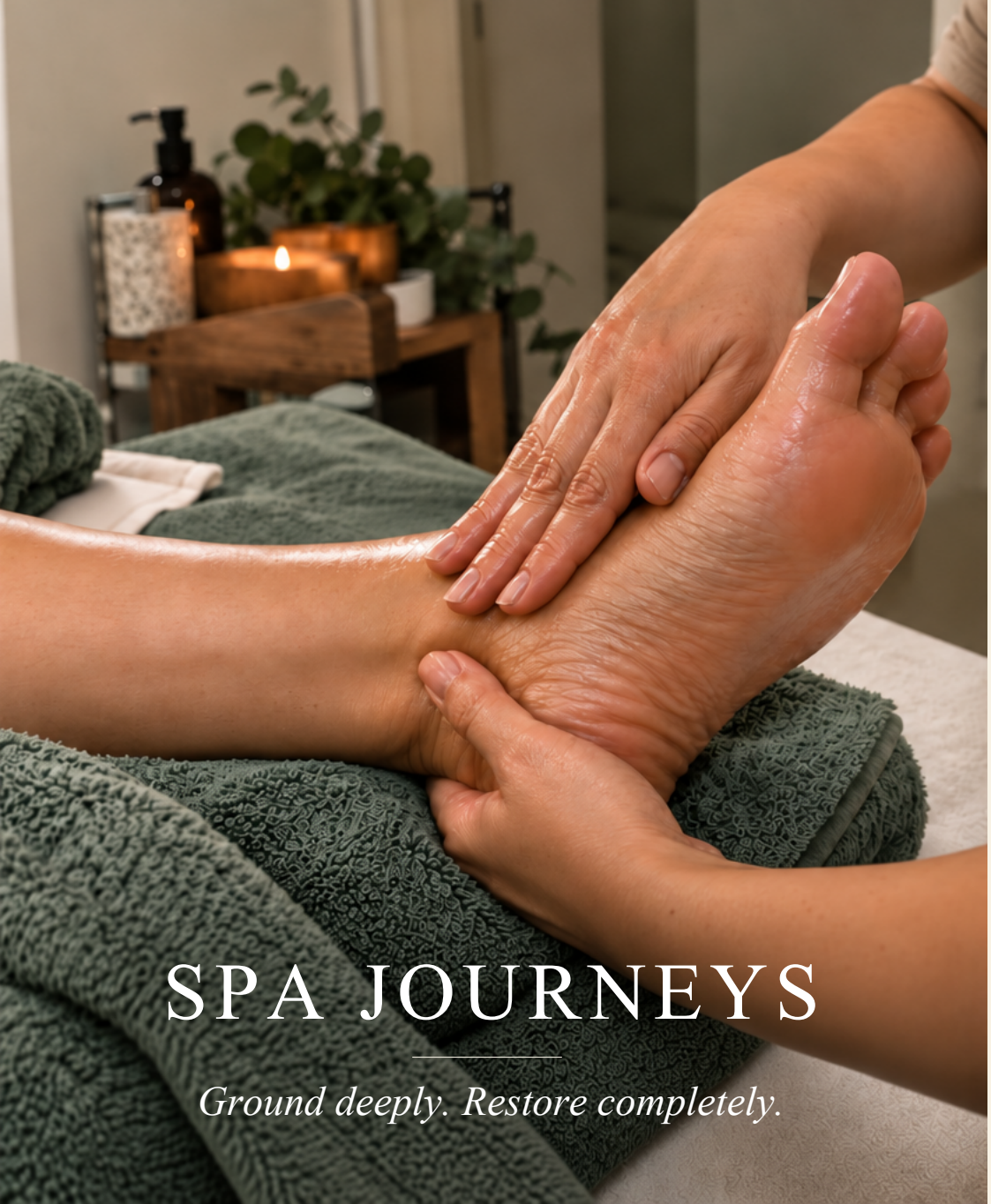
HEALING TOUCH SPA & WELLNESS

LUXURY MOBILE SPA · PATERNOSTER · WEST COAST · SURROUNDING AREAS



SPA JOURNEYS

Ground deeply. Restore completely.



SPA JOURNEYS

Ground deeply. Restore completely.

ROOT TO CROWN RITUAL

90 MINUTES | R895

GROUND · RELEASE · RESTORE

The ultimate antidote to burnout, mental fatigue and the feeling of carrying too much.

This deeply calming, face-up ritual focuses on two powerful tension-release zones of the body — the feet and the crown.

Your journey begins with a warm Mineral Foot Immersion, followed by a nourishing Shea Butter & Coconut Botanical Polish to soften and refresh the feet. A silky Mineral Clay Cocoon infused with Jojoba Oil envelops the feet while warm towels create a comforting sense of relaxation.

As you settle deeper, a self-heating Aromatherapy Eye Mask gently soothes the eyes before our signature Serenity Crown & Temple melts away tension across the scalp, temples and neck using specialised wooden massage tools and slow, rhythmic touch.

Your ritual concludes with our signature Featherlight Foot & Leg Massage, where long, flowing movements and intentional pressure-point work release lingering tension, ease heaviness and leave the legs and feet feeling beautifully light and restored. A refreshing Cooling Botanical Gel Finish completes the experience.

YOUR RITUAL INCLUDES

Mineral Foot Immersion · Shea Butter & Coconut Botanical Polish · Mineral Clay Cocoon with Jojoba Oil · Warm Comforting Towels · Self-Heating Aromatherapy Eye Mask · Serenity Crown & Temple · Featherlight Foot & Leg Massage · Cooling Botanical Gel Finish

From the soles to the crown — a deeply grounding journey back to stillness.

MASSAGE THERAPY

THERAPEUTIC TOUCH · NATURAL RHYTHM · DEEP RESTORATION

THE OCEAN FLOW

SWEDISH-INSPIRED FULL-BODY MASSAGE

60 MIN | R750 · 90 MIN | R990

Long, flowing movements inspired by the rhythm of the ocean ease muscular tension and leave the body calm and restored.

THE DEEP RELEASE

DEEP TISSUE · MUSCLE RELIEF · TENSION RELEASE

60 MIN | R750 · 90 MIN | R990

A deeper, focused massage designed to work into areas of muscular tension and stiffness, helping to release tightness and restore ease of movement.

THE BOTANICAL FLOW

AROMATHERAPY · RELAXATION · SENSORY WELLNESS

60 MIN | R750 · 90 MIN | R990

Warm botanical aromas and slow, flowing movements soothe the body, calm the mind and create a deeper sense of relaxation and wellbeing.

THE WARM EARTH RITUAL

HOT STONES

60 MIN | R850

Smooth, heated stones and flowing massage techniques melt away muscular tension, ease stress and encourage deep relaxation.

THE CANDLE GLOW RITUAL

WARM SHEA BUTTER SOY CANDLE MASSAGE

60 MIN | R890

A luxurious Shea Butter Soy Candle is gently melted and poured onto the skin, transforming into a warm, silky massage oil. Flowing movements ease tension, deeply nourish the skin and leave the body feeling relaxed and restored.

MASSAGE THERAPY

THERAPEUTIC TOUCH · NATURAL RHYTHM · DEEP RESTORATION

FOUR-HAND BALINESE MASSAGE

SYNCHRONISE · SURRENDER · RESTORE

90 MIN | R1,595

An exquisite full-body journey where four hands move as one. Two therapists work in perfect harmony, combining flowing Balinese-inspired movements, rhythmic pressure and soothing touch to release tension and quiet the mind.

Four hands. One rhythm. Pure relaxation.

THE MOTHER'S EMBRACE

PREGNANCY WELLNESS MASSAGE

60 MIN | R750

A gentle, comforting massage created for the mother-to-be using pregnancy-safe techniques and positioning to ease tension, reduce discomfort and promote deep relaxation.

THE TENSION RELEASE

BACK · NECK · SHOULDERS

30 MIN | R450 · 45 MIN | R550 · 60 MIN | R650

A focused massage designed to release everyday tension, ease muscular tightness and leave you feeling lighter and more relaxed.

SERENITY CROWN & TEMPLE

RELEASE · RELAX · RESTORE

30 MIN | R395

A deeply calming scalp and temple experience using warm botanical mist, soothing aromatherapy and specialised massage tools to ease mental tension, quiet the mind and restore a sense of balance.

Optional nourishing hair oil available.

Hair mask available as an enhancement.

THE SOLE BALANCE

FOOT & LOWER-LEG MASSAGE

30 MIN | R395

A soothing foot and lower-leg ritual combining flowing massage and focused wooden acupressure to ease tension, improve circulation and restore a feeling of lightness.

THE HAND & SOLE RITUAL

SOFTEN · SOOTHE · RESTORE

45 MIN | R495

A nurturing massage for the hands, arms, feet and lower legs, combining flowing touch and gentle pressure to release tension and leave the limbs deeply relaxed.


THE ART OF
RESTORATIVE TOUCH
Where the body softens, the mind becomes quiet,
and stillness begins.

BODY & WELLNESS

Body rituals inspired by the earth, botanicals and the restorative rhythm of the West Coast.

BODY EXFOLIATION

45 MIN · R500

Choose your body treatment

ENERGY & DETOX

ENERGISE · BRIGHTEN · REVITALISE

Energise, brighten and flush toxins. Gently dissolves dull skin, fades uneven tone and stimulates lymphatic drainage to help reduce fluid retention.

MUSCLE RELIEF & CALM

RELAX · HEAL · UNWIND

Relax, heal and melt muscle tension. Calming lavender deeply soothes and comforts dry skin, while cooling eucalyptus acts as a natural anti-inflammatory to ease stiff joints and clear the senses.

HYDRATE & NOURISH

NOURISH · RESTORE · HYDRATE

This blend acts as an ultra-hydrating blanket for very dry or neglected skin. Rich African baobab oil helps restore skin elasticity and support the skin barrier, while luxurious castor oil helps seal in deep hydration.

Concludes with a hot shower and body butter finish.

BODY WRAPS

60 MIN · R650

HYDRATING MINERAL BODY WRAP

BAOBAB · CUCUMBER · VITAMIN E

A luxurious mineral-rich body cocoon that deeply replenishes and leaves the skin velvety-soft and radiant.

DETOXIFYING SEAWEED WRAP

SEAWEED · CAFFEINE · MINERALS

A revitalising wrap designed to refresh, firm and tone while supporting circulation and lymphatic drainage.

CRYO-ACTIVE MUSCLE RELIEF CLAY WRAP

WINTERGREEN · CAMPHOR · EUCALYPTUS

An intensive cooling clay wrap designed to soothe tired muscles, ease tension and support recovery.

Every body wrap includes a soothing foot massage, warm towel removal and a nourishing body butter finish.



FACIAL THERAPY

Advanced skin therapy. Natural botanicals. Visible results.

HYDRA GLOW EXPRESS FACIAL

30 MIN | R450

EXPRESS HYDRATION · FRESHNESS · RADIANCE

A refreshing express facial created to revive tired, dehydrated skin. Gentle exfoliation is followed by soothing facial massage and a nourishing hydration finish, leaving the complexion fresh, soft and beautifully radiant.

HYDRA LUXE FACIAL

60 MIN | R695

DEEP HYDRATION · PLUMPING · RADIANCE

A luxurious hydration ritual designed to deeply replenish the skin while inviting you into complete relaxation. A beautiful facial, neck and décolleté massage, gentle Jade Roller massage and nourishing treatment mask work together to soothe the senses, encourage circulation and leave the complexion feeling soft, plump and beautifully luminous.

Finished with a replenishing hydration veil for a silky-soft, dewy glow.

THE LUMINANT GLOW FACIAL

60 MIN | R795

RENEW · REFINE · ILLUMINATE

A luxurious glow-enhancing facial created to revive dull, tired-looking skin. Brightening serums, a specialised treatment mask and soothing facial massage are complemented by Cooling Facial Globes, helping to calm the skin, reduce the appearance of puffiness and reveal a fresh, beautifully luminous complexion.



FACIAL THERAPY

Advanced skin therapy. Natural botanicals. Visible results.

AGE DEFYING RENEWAL

90 MIN · R995

RENEWAL · FIRMING · RADIANCE

A rejuvenating facial designed to support smoother, firmer, more youthful-looking skin. LED Light Therapy helps boost collagen and circulation to soften the appearance of fine lines and promote a firmer-looking complexion, while antioxidant-rich botanicals including marula, baobab and kalahari melon nourish and revitalise the skin.

A luxurious lymphatic facial massage and sculpting Gua Sha help refresh and define the appearance of the complexion. A collagen-infused jelly peel-off mask delivers a cooling, nourishing boost, while a rich firming botanical lotion veil leaves the skin feeling supple, conditioned and beautifully cared for.

Includes a soothing hand & arm massage and foot massage.

Ideal for: Fine lines · Loss of firmness · Dullness · Dehydration · Visible signs of ageing

THE GENTLEMEN'S RENEWAL FACIAL

60 MIN · R695

PURIFY · HYDRATE · RESTORE

A luxurious facial created specifically for men, combining deep hydration with a purifying charcoal treatment to refresh and revitalise the complexion. A soothing facial massage enhances relaxation, while a nourishing beard conditioning treatment leaves both skin and beard feeling soft, refreshed and impeccably groomed.

Ideal for: Congestion · Oil control · Dehydration · A refreshed, healthy complexion

FACIAL ENHANCEMENTS

CUSTOM COLLAGEN JELLY PEEL-OFF MASK UPGRADE	15 MIN · R100
LED LIGHT THERAPY (FACE ONLY)	15 MIN · R100
CRYO-ICE BALL EYE & LIP CONTOUR	15 MIN · R100
BOTANICAL HAIR MASK & SCALP MASSAGE	15 MIN · R100

HANDS & FEET

SIGNATURE LUXURY HEALING TOUCH PEDICURE

75 MIN | R650

Restore · Refresh · Revive

More than just a pedicure — it's a moment of pure revival. A luxurious foot ritual combining a soothing mineral soak, invigorating sugar scrub, expert callus care, meticulous nail shaping and an intense hydration treatment. Surrender to a heavenly warm stone foot & leg massage, then finish with your choice of nail varnish for beautifully polished, pampered feet.

ELIM MEDI-HEEL PEDICURE

60 MIN | R490

Renew · Smooth · Restore

An advanced foot-renewal treatment using the Elim Medi-Heel treatment to soften, exfoliate and restore dry, rough and cracked feet. Finished with nourishing foot care and a relaxing massage, leaving feet beautifully smooth, soft and renewed. Nail colour not included.

CLASSIC PEDICURE

60 MIN | R400

A beautifully refreshing essential pedicure designed to cleanse, smooth and care for tired feet. Includes gentle exfoliation, cuticle care, expert nail shaping, a relaxing foot massage and a polished finishing touch.

CLASSIC MANICURE

60 MIN | R300

Essential hand and nail care including gentle exfoliation, cuticle care, expert nail shaping, a relaxing hand massage and a polished finishing touch.





SPA PACKAGES

HEALING TOUCH SPA & WELLNESS

LUXURY MOBILE SPA · PATERNOSTER · WEST COAST · SURROUNDING AREAS

THE HEALING TOUCH ESCAPE

2 ½ HOURS · R1,295

A luxurious, unhurried spa escape created to leave you feeling beautifully renewed from head to toe.

Back, Neck & Shoulder Massage — release built-up tension and restore balance.

Hydra Glow Express Facial — deeply replenish and illuminate the complexion.

Signature Luxury Healing Touch Pedicure — pamper, soften and beautifully renew tired feet.

THE BLOOMING MOTHER

90 MINUTES · R990

A beautifully indulgent escape created especially for the mother-to-be.

Gentle Foot & Leg Exfoliation — refresh tired limbs and soften the skin.

Foot & Leg Massage — ease swelling, improve circulation and melt away tension.

Hydra Glow Express Facial — replenish moisture and restore a radiant glow.

Back, Neck & Shoulder Massage — soothe tension and encourage deep relaxation.

Pregnancy-safe products & gentle techniques used throughout.

MEN'S WELLNESS

Refined treatments created to help you unwind, recover and recharge.

THE GENTLEMEN'S SIGNATURE JOURNEY

2 ½ HOURS · R1,295

Restore · Rejuvenate · Refine

A luxurious, unhurried escape created for complete relaxation and personal renewal.

- Gentlemen's Renewal Facial — purify, hydrate & refresh the complexion
- Purifying Charcoal Treatment — deeply cleanse & revitalise
- Beard Conditioning — soften & nourish the beard
- Deep Tissue Massage — release built-up muscular tension
- Grooming Mini Manicure OR Mini Pedicure — care for hands or feet

THE GENTLEMEN'S RESET

90 MINUTES · R990

Release · Refresh · Restore

A sophisticated wellness escape designed to refresh both body and mind.

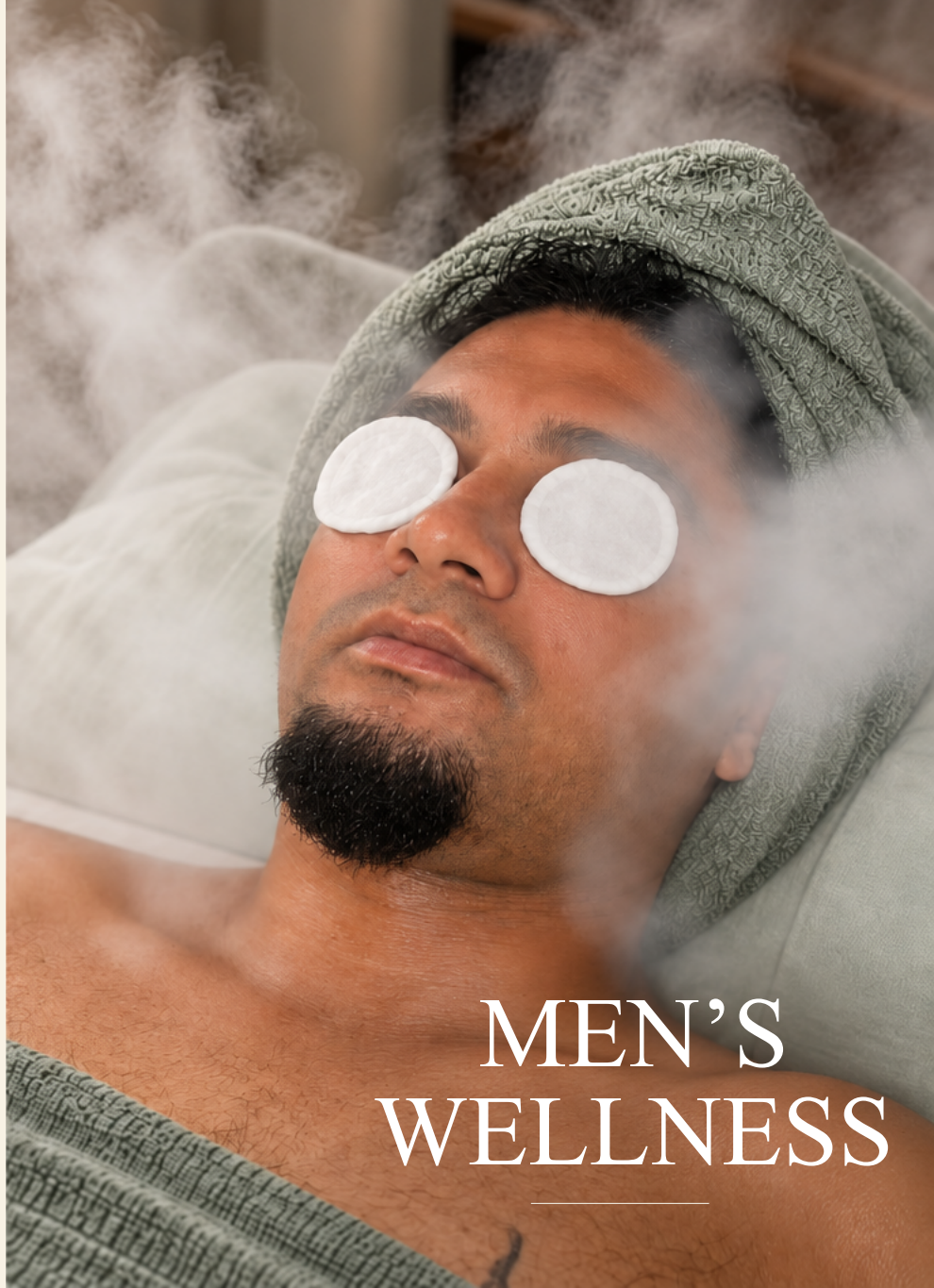
- Gentlemen's Renewal Express Facial — refresh & revitalise the complexion
- Back, Neck & Shoulder Massage — release everyday tension
- SERENITY CROWN & TEMPLE — quiet the mind & ease tension

THE GENTLEMEN'S RENEWAL FACIAL

60 MIN · R695

Purify · Hydrate · Restore

A luxurious facial created specifically for men, combining deep hydration with a purifying charcoal treatment to refresh and revitalise the complexion. A soothing facial massage enhances relaxation, while a nourishing beard conditioning treatment leaves both skin and beard feeling soft, refreshed and impeccably groomed. Finished with the clean, sophisticated scent of Aloe & Bamboo.





YOUR SPA. YOUR SPACE.

You stay where you are. We bring the spa.

Healing Touch Spa & Wellness is a fully mobile spa, bringing luxurious, professional spa experiences directly to your guesthouse, hotel, holiday home or private retreat in Paternoster and the surrounding West Coast areas.

From indulgent massages and rejuvenating facials to relaxing spa packages, we create a moment of calm and wellness in the space you're already enjoying.

WHATSAPP TO BOOK
062 131 5904

WhatsApp is our preferred method for bookings and enquiries.

info@healingtouchmobilespa.co.za

HEALING TOUCH
SPA & WELLNESS

Bringing the spa to you